

Ec - Sense

AEHAC

The Allergy and Environmental Health
Association of Canada
Association Allergies Santé et
Environnement du Canada
Ottawa



Spring 1992

OUR THANKS

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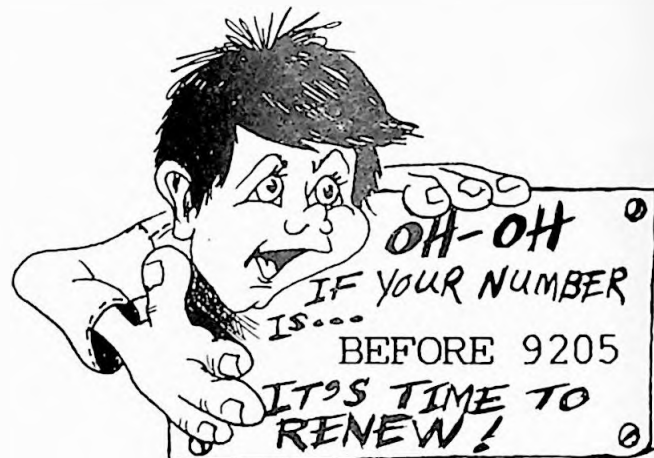
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BOX 33023, NEPEAN, ONTARIO K2C
3Y9.

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Table of Contents

President's Message.....	2
Contacts.....	3
Branch News.....	4
Classifieds, Letters to the Editor.....	5
Financial Statement for 1991.....	6
Special Events.....	7
Living With Allergies.....	9
Food Sources.....	10
AEHA Wild Game.....	12
No Pain, No Gain.....	15
Sharing Information.....	17



Note: Advertisements or articles do not imply that AEHA endorses any particular product or services mentioned therein. Readers with multiple sensitivities are advised to assess products carefully since individual sensitivities may vary.

President's Message

Hope and Action.

There was a sign outside a downtown church a couple of years ago. It read "Love and Hope are best when they are backed up by Action".

If you look around the community you will see a lot of reason for hope. The main one these days is that the federal Department of Health and Welfare is addressing attitude problems in the medical community on the issue of environmental sensitivities. Now the Ontario Ministry of Health has exhumed the Thomson Report on sensitivities for further review and possible action.

In 1985 (yes it's been seven years) Thomson made several recommendations to the provincial government concerning health care, which are mentioned below. He also made some recommendations involving concerns other than health care. Other ministries, including the Ontario Ministry of Housing, the Ministry of Community and Social Services, have been helping for a long time and have even improved services in recent years. It's ironic that almost all of the non-health issues have been dealt with to some degree, but the Ministry of Health continues to discriminate in the provision of services to persons whose original concern is one of health.

Until recently, the same thing was happening at the federal level. Fifteen federal departments were helping us in various ways before the federal Department of Health and Welfare decided to help undo some of the damage they had caused by describing our very real problems as all in the mind. Now they've turned around completely.

As you probably know, now they are working to address attitude problems in the medical community, probably the most serious concern we face. At the provincial level - now that most of the other ministries are helping us - it may

not be long before the Ministry of Health joins in to help.

But hope without action is useless. Members of AEHA branches from across Ontario are writing to the Deputy Minister of Health, Michael Decter, to impress on him the urgency of implementing Thomson's recommendations. If you can write, this is the time to do it.

It's important that as many people write as possible.

Try to keep the issue of clinical ecology and environmental sensitivities separate. In the past, some of our needs, such as accessible hospital care, have been kept in check while doctors debate the pros and cons of clinical ecology. More and more persons with sensitivities no longer restrict their approaches to those of clinical ecology, and more and more persons with sensitivities are supporting a multidisciplinary approach, taking advantage of information from doctors in various fields in order to deal with the many different diseases that can cause sensitivities.

This is an approach that is supported by the Ministry of Health, and we would be wise to tell the Deputy Minister we support this approach. Some of the other recommendations Thomson made that you might want to support are: OHIP coverage for serial dilution titration sensitivity testing, an environmental control unit for testing and initial recovery here in Ontario, hospital rooms accessible to persons disabled by sensitivities, education on the topic for public health officials, continued recognition of patient histories as a valid diagnostic measure, funding of avoidance and nutritionally safe diets as treatments, and an end to discrimination by private insurance companies.

Pick out the points that are most important to you, and send a letter to Michael Decter, Deputy Minister of Health, 10th fl - 80 Grosvenor St., Toronto, Ontario M7A 1R3.

If you can, send a copy to AEHA in Ottawa. Note our new address is P.O. Box 33023, Nepean, Ontario. K2C 3Y9.

If you have hope, there is still a need for action.

Chris Brown
President, AEHA Ottawa

CONTACTS

Ottawa Branch President - Chris Brown, (613) 837-7173

-represents the local branch in community affairs, co-ordinates local activities.

Vice President - Jim McCulloch, 832-2303
-advises the branch president on activities, takes over when president not present.

Treasurer - Ruth Williams, 733-3593
-keeps track of financial resources, issues cheques, advises on financial matters.

Membership - Harriett Hodgins, 745-2644
-maintains membership list, mails new members kits and membership cards.

Parents Committee (School Issues), Elizabeth Stutt, 825-8388
-educates local school boards on reasonable accommodation and special education needs, supports parents in dealing with local school boards.

Newsletter Publisher, Penny Corbin, 225-1462 -solicits advertising, receives articles and information from members and other sources.

Wild Game - Stephane LeCouffe, (819) 648-5864 -solicits sources of wild game for organic meat supply to very sensitive members, acquires game when available.

Estelle Drolet, 825-4439 -sells wild game to members by appointment.

Telephone Committee - Leslirae Rotor, 830-7968 -co-ordinates team who phone members about meetings and other branch activities, acts as feedback to executive on members concerns.

Tape Librarian - Pat Gorgas, 224-0801
-catalogues and keeps tapes of speakers, media coverage, and other events of interest to members.

Book Librarian - Elizabeth Stutt, 825-8388 -maintains books and articles relating to allergies and environmental illness. Materials can be borrowed by appointment. Reading materials can be mailed to members on request.

Air Cleaner Co-ordinator - Barb Bellin, 238-2403 -co-ordinates renting of air cleaner owned by branch so that members may try it out.

Branch News

At the **AEHA Ottawa Annual General Meeting** on March 19, 1992, the following were re-elected to executive positions:

President - Chris Brown

Vice-President - Jim McCulloch

Treasurer - Ruth Williams

Secretary - Elizabeth Stutt

Members at Large re-elected were Stephane Lecouffe, Leslirae Rotor, and Virginia Salares. Welcome back to Estelle Drolet who is past-editor of the Eco-Sense. Welcome to new board members Harriett Hodgins and Hal Ade. Stepping down from the board is Pat Gorgas. Many thanks to Pat for all her years of dedication to this organization.

It was reported that our telephone committee is active; our membership is up thanks to a new membership committee; we have homes for the wild-game freezer and the library; the education committee is active and achieved a province-wide policy from the Ministry of Education; the newsletter continues to be produced.

It was agreed that we need to recruit members interested in pursuing their issues and needs within committees for such areas as: self-help, health care, workshops, new member kits, new member meetings, workplace.

Report of the Education Committee

The Education Committee has been active over the last two years. The committee consists of five active members: Eric Brackenbury, Chris Brown, Leslirae Rotor, Virginia Salares and Elizabeth Stutt.

We have held approximately 6 meetings a year for the past two years as well as keeping in touch with each other by telephone when necessary between meetings.

A meeting was held in March with three Carleton Board of Education Trustees and the Education Committee met with senior staff at the Board to put forward the

needs of children with environmental sensitivities.

Two families have been actively pursuing the Carleton Board of Education for accommodation for their children with environmental sensitivities. The inaction by the Board has forced these families to file complaints under the Ontario Human Rights Act.

We are hopeful that the matter will be resolved at an upcoming investigative conference. The Board has indicated its willingness to negotiate and to move away from its hard-line approach which we have experienced for the last two or more years.

I wish to thank the committee members for their hard work and emotional support in putting forward the needs of children with environmental sensitivities.

Sincerely,
Elizabeth Stutt
for Education Committee



FOR SALE

Pure Water Inc., Midi Still "D", Steel Distiller, just like new. Call Nancy at (613) 224-2338.

Old, unfinished, solid oak, double-pedestal desk (gov't secretarial). Asking \$50 (firm). Call Harriett 745-2644.

Letters to the Editor

I handstitch masks for chemically allergic persons (including myself). In the past 2 years I have sold more than 50 to AEHA members (mostly) and gotten repeat sales and comments such as: "invaluable.. very effective in preventing reactions to fumes in airports and planes (K.A., Saskatoon); "I'm glad I have the mask at hand whenever I need it" (A.D., Ottawa); "I hope you don't totally give up making them." (L.L., Sault Ste. Marie).

I have not seen anything like them on the commercial market and I use mine most days. I honestly believe they can make life appreciably easier for almost any chemically allergic person. For information or to order, write/call: Steve Rowat, #3, 1 Clegg St., Ottawa, Ont. K1S 0H3 (613) 594-8086. 1 mask, \$27; 2 or more, \$22 each.

Steve Rowat

I have come across a new toothpaste for the environmentally sensitive and for those who can use homeopathic medicine. It is called Kalodent by Thompsons. It might seem expensive but perhaps one could use it occasionally. I've heard it reported that used regularly people have no dental problems as a result. (It is available at the College of Natural Healing at a cost of \$7 for a 40 ml tube)

Nancy Charette

I have recently made the connection between my son's hypersensitivity /attention deficit disorder and diet.

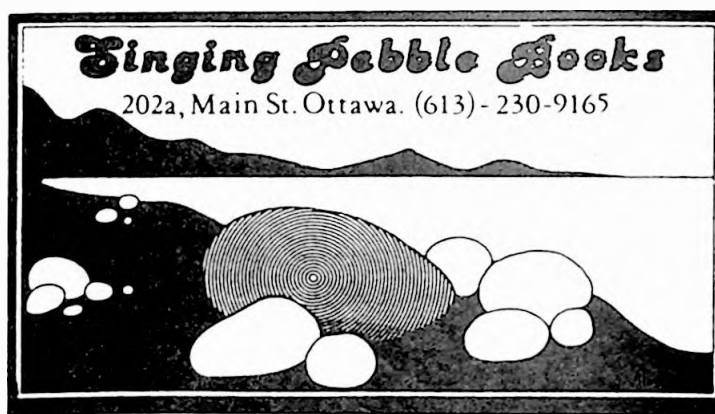
I am looking for people who have similar concerns. If you are interested in a support network, please call Judy 828-3208.
Judy Lux

(If you would like to start a network support group with members who are experiencing similar concerns., give Leslirae Rotor a call at 830-7968. She may be able to put you in touch with members. Or, run an ad in the Eco-Sense.)

The Ottawa Branch of AEHA has a small air cleaner which members may rent, in order to try it out. Also available is a binder of product information on air cleaners, for loan at no charge. Phone Barb Bellin at 238-2403.

PUBLISHER'S NOTE:

Can you help? I need a member to take over complete responsibility for Eco-Sense distribution. You would be required to pick up newsletter from Printer (west-end); pick up prepared labels from Publisher (west-end); arrange for payment for postage from Treasurer; fold, tape and mail the newsletter within 1 week of its being printed. Approx. 11-12 hrs work every 3 months. If you can help, call Penny at 225-1462.



**ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION
OTTAWA BRANCH**

**STATEMENT OF RECEIPTS AND DISBURSEMENTS FOR THE YEAR ENDED
DECEMBER 31, 1991**

CASH ON HAND AND IN BANK, JANUARY 1, 1991		\$ 7,772.29
Add: Receipts		
Membership	1,430.00	
Donations	210.00	
Books and Publication sales	4.85	
Food Sale,		
Eco-Sense Advertising	1,131.00	
Productive Enterprises		
(rentals, workshops,		
barbeques, flea markets,		
T-shirts, etc.)	186.50	
Interest	314.40	
Trillium Foundation Grant	1,500.00	
Miscellaneous, GST	207.63	
TOTAL REVENUES		4,984.38
Less: Program Expenses		
Printing, Publications,		
Photocopying	1,926.54	
Purchase of Books	30.98	
Postage	653.31	
Miscellaneous	180.11	
Total Program expenses		2,790.94
Less: Administrative Expenses		
Advertising & Fundraising	185.00	
Bank Charges & Interest	7.52	
Office Supplies	108.98	
Travel	930.50	
Telephone	893.70	
Miscellaneous, GST	180.97	
Total Administrative Expenses		2,306.67
TOTAL EXPENDITURES		5,097.61
CASH ON HAND AND IN BANK, DECEMBER 31, 1991		\$ 7,659.06

***** SPECIAL EVENTS *****

Wednesday, May 13 7:30 p.m. Learning Disabilities Association of Ottawa sponsors Dr. William Feldman. He will give a talk on the "Medical Aspects of Learning Disabilities" at Riverview Public School, 260 Knox Cres. If you need more information, call 737-1971.

Thursday, May 21 7:30 p.m. This is Your Branch: What are Your Needs?
Join us for a **Members Night** at McNabb Community Centre, 180 Percy St.

Come and meet other members, your executive and members at large. We have invited the following guests, who have experienced living with environmental sensitivities, to answer your questions:

Lynda Brooks, R.N., Environmental Sensitivities Consultant and Codependent Counsellor will answer your questions on Lifestyle Management (Your home, your health and your well-being).

Chris Brown, President AEHA Ottawa, will provide information on Direction of the Organization and Ministry of Health Review of Thomson Report.

Moira Geller, Physiotherapist and Lecturer at the College of Natural Health will answer your questions on complementary approaches to health and will help us understand how our bodies function.

Janet Lee will share her tips on alternative cooking.

Friday, May 22

&

Saturday, May 23

Healthy Humans Wholesome Habitats: **THINGS ONE CAN DO.**
National Conference & Annual General Meeting of AEHA Canada.

Wilfred Laurier University, 75 University Avenue West, Waterloo, Ontario.

For registration form, contact Alice Croft, AEHA- Kitchener Branch, 85 Longwood Drive, Waterloo, Ontario, N2L 4B6. Registration fee: \$45 (members: \$25), Additional Late Fee (after May 1st): \$5, Alice Croft (519) 884-1008.

Program includes Home and School, Medical Advances, Becoming Pesticide-free, Annual General Meeting and Things One Can Do.

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- ☆ Delivery with no extra charge anywhere on nutritional supplements totalling \$100.00 or more.

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G.S.T. tip

Did you know that by obtaining a prescription (with the cooperation of your physician) for any typically purchased non-prescription product you can save the G.S.T. and the Provincial Sales Tax (when applicable).

Prescription receipts may be claimable under your health insurance and are valuable income tax receipts.

At Ottawa Chemists we do not surcharge for this service!

Medication Tips

Remember to tell your doctor or pharmacist:

1 The names of all prescription and non-prescription medicines you are taking.

2 The medicines to which you are allergic.

Get the answers you need. Ask your doctor or pharmacist:



The name of the medicine and its purpose



How and when to take it and for how long



What foods, drinks, other medicines or activities should be avoided while taking the medicine



What possible side effects can occur and what to do



Whether possible side effects could affect your driving performance



How to store the medicine

Prepared by the Canadian Pharmaceutical Association, the national professional association of pharmacists

Living With Allergies

Excerpt from the Ottawa Citizen, March 18/92, originally from Orlando Sentinel.

...Sarah Kaluzny of the American Academy of Allergy and Immunology in Milwaukee estimates that at least 1.2 million Americans are allergic to some kind of food.

The majority of the sufferers are children and infants, many of whom can outgrow their allergies. Adults who develop allergies usually are stuck with them.

Some of the most common allergies are to foods that North Americans eat a lot of, including milk and dairy products, wheat and foods made with flour, eggs, corn, soy, nuts, fish and shellfish and peanuts.

Common symptoms of food allergies are ... flushing, wheezing, coughing, swelling, hives, itching and gastrointestinal upset.

It is important not to confuse food allergies with food intolerances, said Michael Anderson, an allergy specialist.

For example, lactose intolerance, the inability to digest lactose (a component of milk and dairy products), is not a food allergy. An intolerance may mimic some symptoms of an allergy with gas, bloating and diarrhea, but it seldom causes hives, itching, swelling or flushing.

Immune System

Anderson said true allergies are caused by a reaction to the immune system. The reaction occurs when the immune system overreacts to a particular food and produces antibodies to attack it.

If this happens once, the person becomes sensitized, which means it is likely that he or she will have a reaction each time that food is eaten. Sometimes an allergic person doesn't have to eat the food; merely inhaling a whiff of the food or getting traces of it on their skin is enough to cause a reaction. Some reactions can be severe enough to be fatal.

Unfortunately, there is no cure for food allergies. The only preventive medicine is learning to say no to offending foods, carefully reading package labels and cooking with extra care.

THE SYMPTOMS

. **Respiratory:** Runny nose, congestion, sneezing, difficulty breathing or wheezing.

. **Skin:** Hives, skin rash, flushing, itching and swelling, especially around the mouth and throat.

. **Digestive:** Vomiting, nausea, diarrhea, cramping, bloating or gas.

. **Other:** Tearing eyes, headache or shock.

The following are just some of the books on food allergies in our AEHA Ottawa library. Call Elizabeth Stutt (825-8388) to reserve your selection.

- 151 Hunter, J., V.A. Jones, and E. Workman: Food intolerance. Body Press, Tuscon, AZ, 1986, 127 pages.
 - 85 Levin, A.S., and M. Zellerbach: Type 1/type 2 allergy relief program. Jeremy P. Tarcher, Los Angeles, 1983, .. pages.
 - 41 Mandell, M., and L.W. Scanlon: Dr. Mandell's 5-day allergy relief system. Thomas Y. Crowell, Publ., New York, 1979, 288 pages.
 - 125 Hurt-Jones, M.: The allergy self-help cook book. Rodale Press, Emmaus, PA, 1984, 385 pages.
 - 159 Chiu, B.: Outsmart your food allergies. Yellowhat Press, Victoria, B.C., 1987, 81 pages.
 - 24 Crook, W.G., and C.P. Crook: Tracking down hidden food allergy. Professional Books, Jackson, Tenn., 1980, 96 pages.
-

FOOD Sources

AEHA Wild Game Freezer

Estelle Drolet
17 Andrea Crescent
Nepean, Ontario K2J 1G8
(613) 825-4439
. deer, moose when available. By appointment only.

AEHA Organic Food List

P.O. Box 33023,
Nepean, Ontario K2C 3Y9
. list which was last compiled in 1987 is part of membership kit. Membership fee to AEHA is \$25 annually.

Hector R. Aubrey, Reg'd Meat Merchants

59 York Street
Ottawa, Ontario K1N 9B7
(613) 233-4093
. will special order for people with allergies.

Fred Baker

R.R. #3
Mountain, Ontario K0E 1S0
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(613) 951-0947
. lamb available all year; chicken, turkey & pork available in fall.

David Garland

R.R. #2
North Gower, Ontario
(613) 489-3474
. organic chicken & turkey by order only (July 1st & November 1st)

Loblaws Food Chain

Various addresses
. some organic meat and vegetables

Moe's Farm

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Carp, Ontario K0A 1L0
(613) 839-2972
. full range of organic vegetables in summer & fall.

Odn Organic Growers Producers List

R.R. #2
Almonte, Ontario K0A 1A0
(613) (256-1848)
Membership Secretary: Kathy LaMarche
\$12 students & seniors, \$16 regular

Organic Farmers Market

Kingsway United Church
630 Island Park Drive
contact: Sue Bailey (563-4167)
. every Saturday 10 a.m. to 2 p.m.

Rainbow Foods

1487 Richmond Rd.
Ottawa, Ontario
(613) 726-9200
. organic produce & bulk organic items
. environmentally friendly cleaners & shampoos
. goat milk products & dairy substitutes

David Spence

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& 1311 Wellington Street
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(728-6822)
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(563-8122)

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Sue Bailey
(613) 563-4167

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Information**NEHA Libraries**

196 Sherway Drive
Nepean, Ontario K2G 2G6

Book Librarian: Elizabeth Stutt
. by appointment only (825-8388)

24 Juniper Court
Nepean, Ontario K2E 5M6

Tape Librarian: Pat Gorgas
. by appointment only (224-0801)

MASTERING FOOD ALLERGIES Newsletter

MAST ENTERPRISES, INC.,

2615 N. Fourth St.

616 Coeur d'Alene

ID 83814

- . newsletter for people with food allergies.
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FIRST APPOINTMENT

AEHA Wild Game

For the past couple of years our organization has been able to supply wild game meat only to those on very restricted diets as our supply has dwindled drastically. The reasons for the shortage are numerous and include the following:

- 1) in Ontario and Quebec, the driver of a car which has sustained damage hitting and killing a deer or moose is given the choice to take the animal;
- 2) animals are being directed to soup kitchens or food banks or simply discarded and not directed our way;
- 3) roadkills quite often are not acceptable, especially in the summer due to the warm weather;
- 4) to preserve good tasting and quality meat it is critical that the animal be gutted and bled within 35-40 minutes after being killed. If not, the blood will permeate and coagulate in the tissues making the meat tough and giving it a different taste, more like blood pudding or sometimes produce a "fishy" off-flavor; few roadkills meet this time requirement to insure quality meat;
- 5) animals killed near orchards are not being accepted. Orchards are normally sprayed with pesticides and animals foraging in their vicinity might not be safe for our members; and
- 6) animals confiscated due to out-of-season hunting are kept in freeze lockers by the Law Enforcement Officer until the case goes to court. Unfortunately, at times, this may take longer than a year. Being very lean, deer meat dries out and deteriorates quickly. After a year the meat should be discarded. Moose meat has a higher fat content and may last longer;

We are lucky to have Stephane as a chairperson filling this demanding position. He is a knowledgeable and experienced hunter, and, as such, has accepted and will continue to accept only

good quality meat. The meat is hung in a 40° cooler, screened against insects and is inspected by a butcher who is a government approved inspector.

When an animal is killed or confiscated a "plug" of flesh from the animal is taken and sent for testing (parasites, several diseases, rabies).

Last February 16th and 17th, articles in the Ottawa Citizen regarding the environmental safety of RAISING wild animals such as deer and elk for commercial slaughter, said: "This is a lucrative game-farm industry. Critics, such as the Ontario Federation of Anglers and Hunters, have expressed concern about the risk of disease transmission, such as bovine tuberculosis, to humans, native wildlife and other farm animals. Eric Broughton, special projects officer with Agriculture Canada's animal health division, says fears of disease are misguided. He notes that bovine tuberculosis is not highly contagious for people. It cannot be transmitted in COOKED meat and the general public, with no direct contact with live animals, is not at risk. People who work with a diseased animal, can, however, contract the lung-damaging disease.

As everyone knows, domestic animals do carry parasites and sometimes salmonella and for this reason, Agriculture Canada recommends that meat be well cooked (no pink meat). In cooking wild game meat, the same safety procedures are to be followed (cook 10 minutes after meat has registered 195°F). Since long slow cooking is required for tender wild game meat, there is no problem. In low holding and low cooking temperatures (140°- 165°F), bacterial growth is halted but some bacteria remain alive.

We would like to hear from ALL of

our members who would buy wild game meat were it not for the fact it is presently limited to the members on very restricted diets. We will be making appeals to the Ministry of Natural Resources to obtain a higher quota. Also, for anyone interested in horse meat, a source is now known. Please call Estelle (825-4439) or Stephane at 1-819-648-5864. We still have deer meat available.

Tips on Cooking wild game meat

Deer meat (venison) is lean and needs barding or larding (thin strips of salt pork). Very young deer can be roasted or broiled as for beef; other cuts should be marinated, drained, dried and prepared as for any moist-processed beef. Moose meat, which is relatively fat, calls for cooking like pork and can also have the same sweet and sweet-sour garnishes and sauces. If you can tolerate pork, cook some fat pork along with moose roasts. The roast will be juicier and the meat will lose some of its wild taste. Care must be taken to remove all fat from any game animals as it grows rancid rapidly. Do not use it to grease pans or sauteeing or browning. Wild game meat will toughen if cooked at high heat, so simmer in oven 255° to 250° F for several hours or until tender.

Game shot in an unsuspecting moment is more tender than game that has been chased and will also deteriorate less quickly. Unfortunately we do not know the conditions under which the animals are shot.

ROASTS

- 1) gently pound meat with cleaver;
- 2) make holes in meat with fork or skewers;
- 3) make a paste with dry mustard and apple cider and spread on meat;
- 4) lard with pork strips (if tolerated)
- 5) set oven at 550° F, put roast on a trivet, and cook for no longer than 5 minutes, then lower temperature to 225° F for 4 to 6 hours, depending on size of

roast;

Less tender cuts should be marinated in refrigerator from 12 to 48 hours, turning meat from time to time. (oil, vinegar, or wine, your preferred herbs and garlic go well with wild game.)

Venison hamburger - to make this lean meat more interesting in ground form combine 2 parts ground venison with 1 part fresh sausage meat. Cook as for hamburger but allow extra time to be sure the meat is no longer pink.

Contaminated Foods

In March, amongst other things, I bought a celery at my local supermarket. While preparing supper I sampled a clean piece of this celery only to immediately spit it out as it tasted of mothballs! Was this really a case of contaminated food or were my over-sensitive tastebuds totally out-of-whack? I gave my husband a piece without saying anything. One bite and he also spit it out saying "it tastes as if it's been contaminated with naphtha".

I wrapped and kept the celery and contacted the Environmental Health Directorate (722-2200) and after telling them that I still had the celery, a public inspector was sent over to our house.

He tasted the celery stating that "there is nothing wrong with it - it tastes just like celery". He assured me he had good tastebuds - he had never smoked and he jogged everyday! I felt disarmed and wondered awhile about my over-sensitivities and a possible erroneous conclusion. But, my husband also detected an unusual taste, I repeated (thank goodness for the reliability of a non-hysterical male!) He phoned the Food & Drug (954-6808) and low and behold, someone else had reported an offensive tasting celery purchased from the same store.

The celery was taken off the supermarket's shelf. A few days later, a lady from Food & Drug phoned to confirm

that other people had detected the contamination by simply tasting the celery (so much for the inspector's tastebuds!). I was told further investigation would be done in order to establish what the contamination was and where in the chain of events it might have occurred. So don't be intimidated by people with less capabilities than you.

Pick-Your-Own Strawberries


It is hard to find 100% organically grown strawberries in the area. I did find a source several years ago. in the Arnprior vicinity. The picking was very poor, the reason being that the owner had stated a time in the late morning for me and a friend to come and the good berries had already been picked by the owner judging by the several baskets sitting on the kitchen counter. A most disappointing experience.

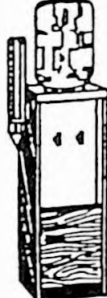
Lancaster Berry Farm is committed to grow with the minimum amount of pesticide. The fields are sprayed once in early season and a weed killer is used once in the fall. The field is not irrigated so if it's a dry summer, the berries will be somewhat smaller. Berry farms that irrigate their fields will produce large juicy berries but the higher content of water of the berries will also cause them to get moldy and rot quickly on the vine. To prevent this from happening, these farms normally and regularly spray with a fungicide, although the amount of pesticides and fungicides allowed by government has been lowered in the past few years.

Lancaster farm is located off Fallowfield Road, between Richmond Rd & Moodie Dr., Please phone (838-2520) before going. Picking is not necessarily done every day.

Pick-your-own ASPARAGUS is available there too.

(Thanks to Estelle Drolet for this information on wild game, contaminated foods and strawberries.)





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No Pain, No Gain

by Lynda Brooks

What does this saying mean to you? Over the years my understanding of the meaning of this saying has changed several times. Today, it means looking at my pain and where it comes from. Is the pain there because I have not exercised in a long time and my muscles need to get back into shape?, because I have pushed myself further than I should have and I should lay low for awhile?, or because it is time to allow my body time to rest and repair? All of these answers can be right or wrong. Only I have the answer. Unfortunately, fear can get in the way of determining which one of these answers is correct.

What does this have to do with allergies and sensitivities? For me, it has everything to do with our illness. Am I reacting to a certain substance because somewhere in my memory bank I've learned that this substance is an attacker or is it really attacking me? I have learned that it is important for me to look at all the possibilities in order to determine what feels right for me (not what I believe will make someone else happy or what I think is the right thing to do), and then say: "This is what I want to do or what feels right for me."

Many of us have spent our lives negating our own needs and wants and have done what we believe would please others. We often then build up resentments and anger. Why can't others see that I am also needy? We find ourselves with an inner turmoil.

Many of us find it difficult to ask people -- especially our family members -- to give us what we need? We tell ourselves that maybe this time we'll be okay. We rationalize, for example, that organic food is too expensive and that maybe it isn't that much better. We would buy it if our children needed it

but not for ourselves. Maybe we buy it and feel guilty. Or, we may be able to ask for our need only if we can say that the doctor says we have to have it. Why can't we just say: "I want it because I care about myself and that is a good enough reason." This would mean a commitment to and love of self.

We're all taught that we should care for others; but how can we truly care for others if we're incapable of looking after ourselves. The reality is that we can't. The discomfort around saying no and honouring ourselves is a learned response. It comes from having shaky boundaries.

If we have healthy boundaries, we know that we are worthwhile because we are who we are and for no other reason. If we come from a dysfunctional family, we need external affirmation through doing something or being told that we're okay in order for us to feel okay.

We are all born without boundaries. In other words, anyone can do anything they want to a baby and the baby cannot say no. As we grow, we learn how to say no and who we are from our parents. If our parents have faulty boundaries, these will be passed on to us.

The way our wants and needs were met as children also influence the way we meet our needs as adults. Some people expect others to fulfil their needs and wants and do not do this for themselves. Others are unable to accept or they refuse help from others. They'll go without if they cannot supply these things themselves. Another group are unaware of their needs and wants. Still others are confused. They can no longer determine what they need to survive or what they want to have. They don't know what is necessary. They often try to replace a need with a want. For example,

they feel empty inside, probably desiring intimacy but because of their confusion they work hard and get a larger house. The offspring is often bought things instead of being given a hug. This child grows up confused and so the chain continues.

This can lead to people having difficulty experiencing and expressing their reality moderately.

Healthy people are able to keep balance in their lives. They rest when they are tired, work at something that they enjoy, spending a reasonable amount of time doing it. They play with their children and allow them to express their feelings freely. They eat nutritious meals in a relaxed, comfortable setting. They also take time for their spirituality, friends and spouse.

Dysfunctional people, on the other hand, tend to do most things in extremes. Their thinking is black or white. They emotionally withdraw or are all over others. They are over or under dressed and over or under nourished. Even their behaviour is all or nothing.

A healthy person feels a sense of themselves and they experience the here and now. They are often aware of other people's feelings but they also know that these feelings belong to the other person. Some people are empathetic; when they are near someone they pick up on the other person's experience. Still other people with no boundaries or damaged boundaries will take these feelings in and become overwhelmed by these feelings.

It has been through doing adult children and codependency work that I have discovered where my damaged boundaries are and how to establish and heal my lifestyle. I am learning to take care of myself.

I was a person who would easily pick up on other people's feelings but did not allow myself to express my feelings or wants or, in fact, my needs. I was a caretaker who believed in order to live a good life I should always put others first. I became a confused workaholic

and pushed myself 14 to 20 hours a day to meet the demands others and I put on myself. I walked around sometimes boundaryless, sometimes with holed boundaries and eventually with a wall of anger before I became sick. I was not emotionally sick per se. I just didn't know how to take care of myself so I eventually fell apart.

No pain, no gain. I've looked at the pain of my illness, my past and the work of the present. In doing so, I believe I have gained a new acceptance of who I am, limitations and all, and have come to a place of acceptance. I chose short-term pain for long-term gain. Rather than continuing to live in long-term pain for no gain.

Today this saying does have new meaning for me and I can now say I want or need this because I am worthy.

Lynda Brooks, R.N., is a member of the Addiction Intervention Ass., Holistic Nurses Ass., and Canadian Ass. for Nurses in Independent Practice. She offers workshops, individual counselling & continuing care for chemical dependency, codependency & Adult Children. (97 Village Green, Kanata, Ontario K2L 1J8. (613) 831-0456)



Sharing Information

To check on the status of a **CPP Disability claim** or verify the amount of CPP received or to be received, call 1-800-267-3391.

* * * *

Receiving a disability pension? Call Revenue Canada and ask them to send you, free of charge, bulletin 428 which contains tax information which will help you determine the amount of tax you should be paying.

* * * *

You may want to check **amounts reported on your T5007 for family benefits and welfare**. One of our members discovered an error in amounts reported and was paying too much tax. You can request a payment history by calling 724-4107 (Inquiry line for T5's RMO's Social Services).

* * * *

New use for **baking soda**, according to Japanese researchers, is as an effective fungicide. A solution of 80 per cent baking soda was effective against powdery mildews that damage many products grown in Canada including roses, peppers, apples, melon cucumbers, eggplant and strawberries. (Ottawa Citizen, August 14/86)

* * * *

WARNING: to peanut allergy sufferers not to consume Christie Ritz Bits Sandwichs with real cheese bearing the nos. 152 & 153 as part of the lot Nos. on top of the box. They were accidentally packed incorrectly and may contain peanut butter filling. (Health & Welfare Canada News Release 1-992-29, March 27, 1992)

* * * *

According to PREVENTION magazine's Giant Book of Health Facts, periodic **spraying of diluted tea** with a plant mister can keep dust mites at bay and let you breathe easier. Apparently something in the tea is lethal to these microscopic bugs.

U.S. Food and Drug Administration offers the following tips for those of you who are concerned about the pollutants in the fish you eat:

. Eat a variety of different kinds of fish and shellfish.

. Select young or small fish as they have less time to accumulate contaminants.

. Trim away the skin and any dark flesh before cooking as the highest contaminants concentrate in these areas.

. Don't eat the mustard in blue crabs or the tannin in lobsters; PCBs and cadmium concentrate in these areas.

. Shellfish taken from contaminated waters can cause viruses, the bulk of seafood-associated diseases. Avoid raw shellfish if you have chronic liver or kidney problems, diabetes or any disease that impairs the immune system.

. Forget the trendy undercooked fish that is popular in many restaurants. Fish should be heated to 140 degrees in the centre.

. When cooking clams, mussels, and oysters, allow them to sit in hot water for five minutes after the shells have opened. (The Ottawa Citizen, February 7, 1990).

* * * *

The Resource, Educational and Advocacy Centre for the Handicapped (R.E.A.C.H.) is a non-profit organization dedicated to providing assistance to the handicapped. One of their functions is to ensure persons with disabilities are provided with quality legal and social representations. Lawyers volunteer their services and are prepared to donate up to 3 hours pro bono time (free legal aid) to the handicapped. Reach out to REACH at 236-6636 or 236-9436, 309 Cooper St., Suite 220, Ottawa. Toll free No. 1-800-465-8898, FAX No. 236-6605.

* * * *

Some of our members have ordered linens from Garnet Hill in Franconia, New

Hampshire. If you call (1-603-823-5545) they will send you a catalogue which contains a wide range of clothing for both children and adults, and bedding made from natural fibers.

* * * * *

New members may not be aware of a product called **Sucanat**. If you do not tolerate sugar you may tolerate this natural sugar cane as it is made from fresh cut, organically grown sugar cane. The juice is pressed from the cane, then concentrated into thick syrup that retains the mineral salts, vitamins and trace minerals. Without refining or adding harmful chemicals, the syrup is dehydrated, then milled into a powder. Nothing is added to or removed from the juice, except water. (Alive Focus on Nutrition, Canadian Journal of Health and Nutrition No. 18)

* * * * *

The **Canadian Medic Alert Foundation**, a non-profit organization, provides a bracelet or necklace on which your condition is engraved, an ID card, and a 24-hour emergency phone number that offers access to your medical history plus names of your doctor and close relatives (\$20 lifetime membership; for information call toll-free 1-800-668-1507). If you have a complex medical condition, a high-tech device may be suitable - discuss your options with your doctor. (University of California, Berkeley Wellness Letter, 1990). Thanks to Barb Bellin for passing along this information.

* * * * *

A **Consumer Health Information Service (CHIS)**, located at the Metropolitan Toronto Reference Library will act as a central resource for the provision of consumer health information in the province. CHIS will develop an in-depth collection of consumer health information sources in print and electronic forms. Besides an on-site user reference service a 1-800 line is to be set up to provide weekday access to users outside the Toronto area beginning in April, 1992.


It is a pilot project to test the collecting, evaluating, organizing and disseminating of consumer health information. CHIS will provide the means for health care consumers to become informed about matters that affect their own health care decisions and those of their family members and friends. For further information, contact Susan Murray or Sharon Taylor at CHIS, Metropolitan Toronto Reference Library, 789 Yonge St., Toronto, Ontario, M4W 2G8. Voice (416) 393-7056. Fax (416) 393-7229.

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Cotton Essentials offers environmentally friendly, reusable, dioxin free, 100% cotton adult diapers for persons with varying degrees of bladder control. Call Nancy Walker at 567-2875 for more information.

* * * * *

All natural **Nutribase** skin cream is now available at Nutri-chem Pharmacy - An emulsion of the purest Canadian borage oil and apricot kernel oil. It is available with or without a preservative. Ingredients found to be of the best tolerance possible. Dermatologists and pediatricians are using Nutribase to treat dermatitis, psoriasis and other skin problems. It is covered on ODB, GSMIP, BLUE CROSS and most other drug plans. Samples on request.



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THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION is a charitable organization under Canadian law, operating on a non-profit basis.

One of the purposes of The **ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION** is to promote the free exchange of information on the prevention and treatment of environmental hypersensitivities. People who are environmentally hypersensitive are no longer able to adapt well to common and increasing exposures in their everyday environment.

On a local basis, **ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION** Branches work toward finding sources of chemically less-contaminated food, water, clothing and household furnishings, as well as providing counselling on changes of lifestyle that may alleviate symptoms.

Membership in the **AEHA** includes a subscription to **ECO-SENSE**, the newsletter of the Ottawa Branch, and to The **A.E.H.A.** Quarterly, from the National Office. The cost of an annual membership and subscription is \$25.

To become a member of **AEHA** or to renew your membership, send your name, address, postal code, telephone number and cheque or money order payable to The Allergy and Environmental Health Association to:

The Allergy and Environmental Health Association, Ottawa Branch,
P.O. Box 33023,
Nepean, Ontario K2C 3Y9



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